

# ***Sample Lesson on "Shaken Baby Syndrome"***

(50-60 minutes)

Jacy Showers, Ed.D. 1999

Need: · VCR & monitor; optional: overhead projector

· Optional: Videotape: "Mechanism of Shaken Baby Syndrome"

· Videotape: "Portrait of Promise: Preventing Shaken Baby Syndrome"

· Print card or brochure for each person

· Optional: audio cassette player & tape of crying babies

· Optional, but recommended: Form to document training with signature & date

## Activity

\_\_\_minutes **Explain what Shaken Baby Syndrome is and that babies and children should never be shaken for any reason** (See handout on Presenting Complaints, Medical Findings and Long-term Consequences; if possible, use video demonstration such as "Mechanism of Injury in the Shaken Baby Syndrome")

\_\_\_minutes *Recommended:* Play "Shaken Angels" video to show the reality of SBS

\_\_\_minutes *Optional:* Play crying audiocassette; use to discuss how adults might feel while a baby cries constantly; **discuss crying and other "triggers" reported in SBS cases**

\_\_\_minutes **Ask trainees to describe why babies cry** (Reasons may include that babies cry because they are hungry, thirsty, tired, need a diaper changed, want to be held, are lonely, have a safety pin sticking them, don't feel well, etc.)

\_\_\_minutes **Ask trainees to list ways people can help babies feel better when they are crying.** (Common answers are to check the diaper, feed them, burp them, hold them, talk to them, play soft music, rock them, play with them, etc.)

12 minutes **Show the videotape, "Portrait of Promise: Preventing Shaken Baby Syndrome" to illustrate family impact, long-term consequences, coping strategies**

\_\_\_minutes **Give each person a copy of the brochure you are using and discuss the information. Ask them to share the card or brochure with family, friends, babysitters & other child care providers. Emphasize that this could save a baby's life.**

\_\_\_minutes **Ask each person to write down what she or he will do when feeling angry or frustrated during child care; this should be a specific strategy, not something generic such as, "I'll calm down."**

\_\_\_minutes *Optional:* **Show segment of "La Vega Pirates" video to illustrate need for education & how teens/communities can help**

1 minute **Have each person sign a statement ([see example](#)) that she/he has received training on Shaken Baby Syndrome and understands that babies and children should never be shaken for any reason. Keep these statements on file.**

## **SHAKEN BABY SYNDROME RESOURCES**

### *Videotapes*

**Crying...What Can I Do? (Never Shake a Baby).** 7 minutes. This video provides basic information about the dangers of shaking a baby and shows strategies for coping with crying infants and toddlers. It is appropriate for ethnically diverse groups of different ages. Available in English and Spanish. APPROVED BY THE AMERICAN ACADEMY OF PEDIATRICS. Call 1-800-858-5222 or write to SBS PREVENTION PLUS at 649 Main Street, Suite B, Groveport, OH 43125.

**Portrait of Promise: Preventing Shaken Baby Syndrome.** 11 minutes. This videotape is designed to educate a wide variety of audiences about a form of child abuse called Shaken Baby Syndrome. The video features three families whose lives have been devastated by this tragic syndrome. Dr. Carolyn Levitt, pediatrician and nationally recognized child abuse specialist, addresses the damaging effects of violent shaking and offers insight on prevention. This program is serious, but provides hope in that it reminds the viewer that "the key to preventing Shaken Baby Syndrome lies in our hands." Available in English, Spanish and Hmong. APPROVED BY THE AMERICAN ACADEMY OF PEDIATRICS. Call 1-651-220-6750 or write to Midwest Children's Resource Center, The Child Abuse Project, 360 Sherman Street, Suite 200, St. Paul, MN 55102.

**When Your Baby Cries.** 11 minutes. This video was created specifically for Native American families to illustrate the frustration and anger that can lead up to possible shaking episodes, and to discuss various ways to cope with a crying baby. Available in English and Spanish. Call 1-405-271-3307 or write to University of Oklahoma HSC, Dept. Of Pediatrics, Emergency Medical Services for Children Project, Children's Hospital of Oklahoma, Room 1303, Oklahoma City, OK 73190.

**Shaken Baby Syndrome.** 7 minutes. This video tells stories of two babies who were shaken, Micah and Kimberlin. Micah's mother and Kimberlin's grandmother talk about the effect of SBS on them. An SBS trainer and television reporter include activities such as bouncing a baby on the knee and tossing a baby into the air as potentially resulting in SBS. Available in English. Call 1-813-539-7954 or write to Janet Goree, 6137 141st Terrace N., Clearwater, FL 34620.

**Never Shake a Baby! What Parents and Caregivers Need to Know.** 18 minutes. This is an educational video to help parents and caregivers deal with the stresses of infant care without causing injury Available in English and French. Call 613-233-1900 or write to Kiwanis Club of Ottawa, Canada, Suite 601, 643 Sparks Street, Ottawa, ON, Canada K1P 5A6

**Challenges of Shaken Baby Syndrome.** 23 minutes. This video is narrated by a physician, investigator and prosecutor and is designed to educate these three disciplines about key issues in approaching SBS cases. Call 1-800-444-7747 or write to Maxishare, P.O. Box 2041, Milwaukee, Wisconsin 53201.

**Shaken Angels.** 14 minutes. This video was created by SBS families and is a powerful depiction of victims and their families.  
To order, call SBS PREVENTION PLUS at 800-858-5222 or for more information, write The Shaken Baby Alliance, P.O. Box 150734, Ft. Worth, TX 76108, (877) 6-END-SBS

### Public Service Announcements

NEVER SHAKE A BABY, NEVER! (3 in English: dad, mom, babysitter; 2 in Spanish: dad, mom). Call 1-800-858-5222 or write to SBS PREVENTION PLUS, 649 Main Street, Suite B, Groveport, Ohio 43125.

Shaken Baby PSA (Paint can shaking doll). Call 651-220-6750 or write to Midwest Children's Resource Center, 360 Sherman Street, Suite 200, St. Paul, Minnesota 55102.

Parental Responsibility Campaign with Danny Glover. Call 213-461-3762 or write to County of Los Angeles, Department of Children's Services, 425 Shatto Place, Los Angeles, California 90020.

Emergency Room PSA's. Call 1-800-922-4IOF or write to IOF Foresters, 789 Don Mills

Road, Don Mills, Ontario, CANADA M3C 1T9.

Babies are Fragile, PSA with Gary Payton. Call 206-526-2194 or write to Carol Mason, Child Protection Program, Seattle Children's Hospital, 4800 San Point Way, NE, Seattle, Washington 98105-3071.

"I Didn't Know," "Some Things You Shake," & "Boselli" (Jacksonville Jaguars player). Call 1-800-654-6570 or write to Dan Kossoff, Vice President/Executive Producer, WHITE HAWK Pictures, 567 Bishopgate Lane, Jacksonville, Florida 32204.

### CD ROM

Mechanism of Shaken Baby Syndrome. This presentation was created to allow medical experts to more effectively explain what happens to a baby's brain in Shaken Baby Syndrome, and has been used as demonstrative evidence in the courtroom. It was developed by a forensic pathologist and is available by calling SBS PREVENTION PLUS at 1-800-858-5222 or writing to SBS PREVENTION PLUS, 649 Main Street, Suite B, Groveport, Ohio 43125.

### T-Shirts

ALWAYS LOVE ME...NEVER SHAKE ME. Infant & Toddler. 1-800-858-5222.

THE KEY TO PREVENTING SHAKEN BABY SYNDROME LIES IN OUR HANDS...IT'S NEVER OK TO SHAKE A BABY. Adult. Junior League of York, Pennsylvania. 717-845-3041.

THE SHAKEN BABY ALLIANCE...NEVER SHAKE A BABY. Adult. The Shaken Baby Alliance, P.O. Box 150734, Ft. Worth, TX 76108 or call (877) 6-END-SBS.

SHOWERS 1998

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P.O. Box 150734, Ft. Worth, TX 76108  
(877) 6-END-SBS; (877) 636-3727  
E-Mail: [info@shakenbaby.com](mailto:info@shakenbaby.com)

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The Shaken Baby Alliance.

Prevention begins with education. The Shaken Baby Alliance is an organization dedicated in part to educating parents and caregivers about the dangers of shaking a baby. Our web site (<http://www.shakenbaby.com>) contains important information that will educate your child's caregivers about the [dangers, signs and symptoms of SBS](#), along with support resources like "[Coping With A Crying Baby](#)" and "[Crisis Hotlines](#)".

We encourage you to print these pages and attach them to this form to document your child care provider's education on the issue of Shaken Baby Syndrome and its tragic consequences. In addition, we encourage child care providers to print out these pages and give them to their parents.

***Thank you for letting us share this valuable information with you!***

## **ACKNOWLEDGEMENT OF RECEIPT OF SHAKEN BABY SYNDROME INFORMATION**

I, \_\_\_\_\_ (your name), have received copies of [shaking dangers, signs/symptoms, coping with a crying baby](#), and [crisis hotlines information](#).

I have read this information and understand that I should **NEVER** shake a baby and that shaking can result in learning and behavioral problems, blindness, seizures, paralysis, cerebral palsy, hearing loss, speech difficulties, mental retardation, and death.

Signed by: \_\_\_\_\_  
(Signature of Person Receiving Information)

Date: \_\_\_\_\_  
(Date Information Received)

*Parents, child care providers, and other caregivers, please keep a copy of this written acknowledgement of receipt of shaken baby syndrome information for your own files. This information should be given to your local law enforcement or prosecutor in the event a child is diagnosed with SBS.*

©1999, The Shaken Baby Alliance  
P.O. Box 150734, Ft. Worth, TX 76108  
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E-Mail: [info@shakenbaby.com](mailto:info@shakenbaby.com)